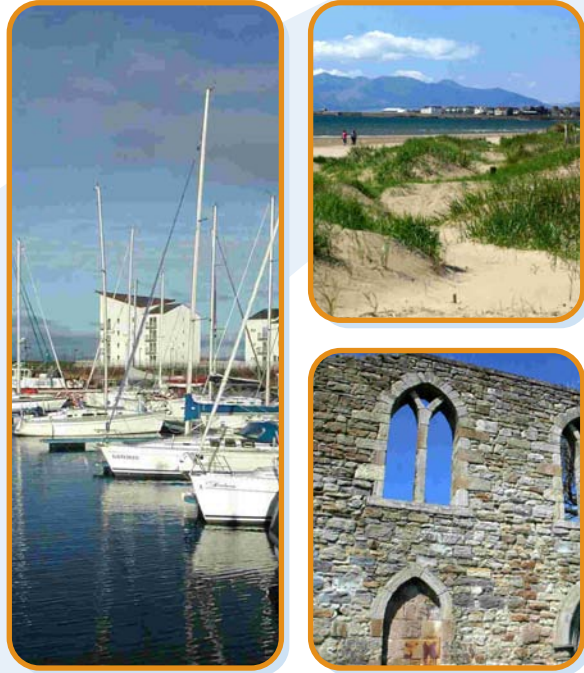


Walking & Cycling in the Three Towns



ardrossan • saltcoats • stevenston

The Three Towns

Known locally as "The Three Towns" Ardrossan, Saltcoats and Stevenston are set around a sheltered bay, making them popular coastal resorts. Traditionally, the area has been recognised as a destination for holidaymakers with large numbers travelling "doon the water" for their summer holidays.

Discover the extensive network of tracks and trails, which offer valuable opportunities for **outdoor access** around the towns. The majority of the routes are on well-surfaced paths or tracks. The routes offer in the main **traffic-free** transport links between communities, residential areas and local facilities as well as attractive recreational opportunities.

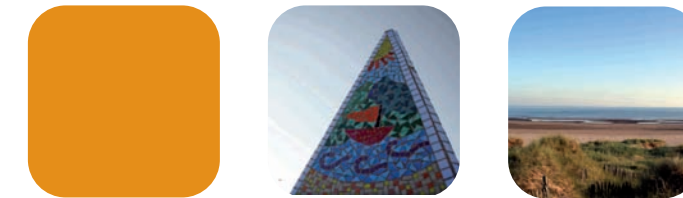
National Cycle Network (NCN) Route 7 runs approximately north to south through North Ayrshire passing through Irvine and Kilwinning and close to Dalry and Kilbirnie. NCN 73 runs approximately east to west from Kilmarnock in East Ayrshire to Ardrossan connecting Irvine, Kilwinning and the Three Towns. Both routes provide opportunities to link further a field for example to Glasgow and Ayr on NCN 7 and from Brodick to Lochranza on the Island of Arran on NCN 73.

Eglinton Country Park can also be accessed from the NCN as can the Irvine and Kilwinning New Town Trail which provides a 12 mile circular route through the two towns.

Stevenston

Stevenston is situated adjacent to Saltcoats and 2 miles (3 km) east of Ardrossan. Archaeological studies suggest that the town was in existence by the **13th Century** and that the area was probably settled in prehistoric times.

The town is strongly associated with the industrial area of Ardeer, which lies on a peninsula west of the mouth of the River Garnock. Stevenston is also well known for its connections to Ayrshire's most famous poet, **Robert Burns**. The town is the home to a number of popular attractions such as the Ardeer golf course and Auchinharvie.



points of interest

- Enjoy a round at Ardeer and Auchinharvie golf courses
- Watch for wildlife at Stevenston Beach Local Nature Reserve
- Visit Harvies' Leisure Centre, renowned for its split-level ice rink
- Discover Stevenston's History on the Town Trail including the ruins of Kerelaw Castle

Stevenston beach was designated as a Local Nature Reserve (LNR) in 1996. A leaflet is available from local libraries and the council's website:

www.north-ayrshire.gov.uk/outdooraccess



Scottish Outdoor Access Code

**Know the Code before you go ...
Enjoy Scotland's outdoors - responsibly!**

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- Take responsibility for your own actions;
- Respect the interests of other people;
- Care for the environment.



www.outdooraccess-scotland.com



Signs

The illustrations below indicate the main signs you are likely to encounter along the routes:



Remember that as a cyclist you are subject to the rules of the road at all times, even on a cycle lane.

Contacts

TOURIST INFORMATION
Contact Visit Scotland via www.visitscotland.com or on 0845 22 55 121

OTHER WALKING AND CYCLE ROUTES IN AND AROUND NORTH AYRSHIRE

Please visit:
www.north-ayrshire.gov.uk/outdooraccess
www.ayrshirepaths.org.uk

Or contact Eglinton Country Park Visitor Centre on (01294) 551776

NATIONAL CYCLE NETWORK
For more information contact Sustrans on (0131) 6247660 or www.sustrans.org.uk

RAIL SERVICES
Train services are frequent and are available from the five stations. Contact Scotrail on (0845) 7484950 or www.firstgroup.com/scotrail

BUS SERVICES
The Three Towns are well served by local bus services. Contact:
Traveline Scotland on (0870) 6082608 or www.traveline.org.uk
Strathclyde Partnership for Transport on 08701 2000 223 or www.spt.co.uk

Saltcoats

Saltcoats is nestled in between Stevenston and Ardrossan. The town derives its name from the ancient practice of boiling sea water to extract salt, which its inhabitants once carried out in their beachside houses known as "salt cots".

The town grew and developed around its small harbour, which was used to facilitate the exportation of coal from the Stevenston coalfield to Ireland.

Saltcoats has always been a great favourite as a holiday destination, being only a short journey away from Glasgow by train.



points of interest

- Visit the North Ayrshire Museum
- Enjoy some shopping in the town centre
- Follow the historical town trail, taking in the local features
- Watch the sea birds whilst walking along the promenade and harbour
- Try out Evolution Skatepark for bmx biking and skateboarding

Saltcoats is a popular shopping location, offering sport and leisure facilities including indoor bowling, fitness centres and attractive coastal locations that attract thousands of tourists each year.



Ardrossan

Situated to the north of Irvine Bay, an inlet of the Firth of Clyde, Ardrossan lies 32 miles (51 km) south-west of Glasgow.

The **Earl of Eglinton** founded the town in 1805. This was due to its deep-water harbour being suitable for steamboats and providing a connection with Arran, Belfast, the Isle of Man and Campbeltown. It was also one of the last towns to be established as a burgh in Scotland, in 1846.

Today there are three railway stations in Ardrossan, and Ardrossan Harbour also provides the link between the mainland and the island of **Arran**.



points of interest

- Take a picnic and enjoy the panorama from the ruins of Ardrossan Castle
- Look out for Horse Isle, a Royal Society for the Protection of Birds nature reserve, just off shore
- Enjoy a stroll along the promenade or the town's beaches taking in the breathtaking views of Arran
- Discover Ardrossan's history by following the Town Trail

Recent development in Ardrossan has resulted in the creation of a new Marina for the expanding leisure yachting and boating market in the West of Scotland.



Health Benefits

More active More often

Walking and cycling are ideal forms of exercise; as well as improved health, benefits can also include increased social contact and reduced air pollution. Walking is free, requires no special equipment and is accessible to all regardless of age, income, location and ability and cycling only requires access to a bicycle!

Being active:

- Helps reduce stress and provides a greater sense of well being
- Lowers your blood pressure
- Assists you to manage your weight
- Reduces the risk of developing many diseases such as heart disease
- Enables you to sleep better
- Provides you with more energy for work and leisure

Do you think that your health could benefit from taking part in some more exercise, then why not try one of the Health Walks in your area? Leaflets are available from the council's website.

For further details contact the Ways to Walk co-ordinator on (01475) 689777



Ardrossan

Saltcoats

Stevenston



NORTH AYRSHIRE
COUNCIL



- | | |
|---------------------------|-----------------------|
| Library | Countryside |
| Castle | Housing |
| Police Station | Leisure & Open Space |
| Museum | Town Centre/Retailing |
| Ferry Terminal | Business & Industry |
| Train Station | Sand |
| Community Facility | Sea |
| Paths | Nature Reserve |
| Off Road Cycle Routes | Car Parks |
| On Road Cycle Routes | Schools |
| National Cycle Network 73 | |

